

FIG. 1

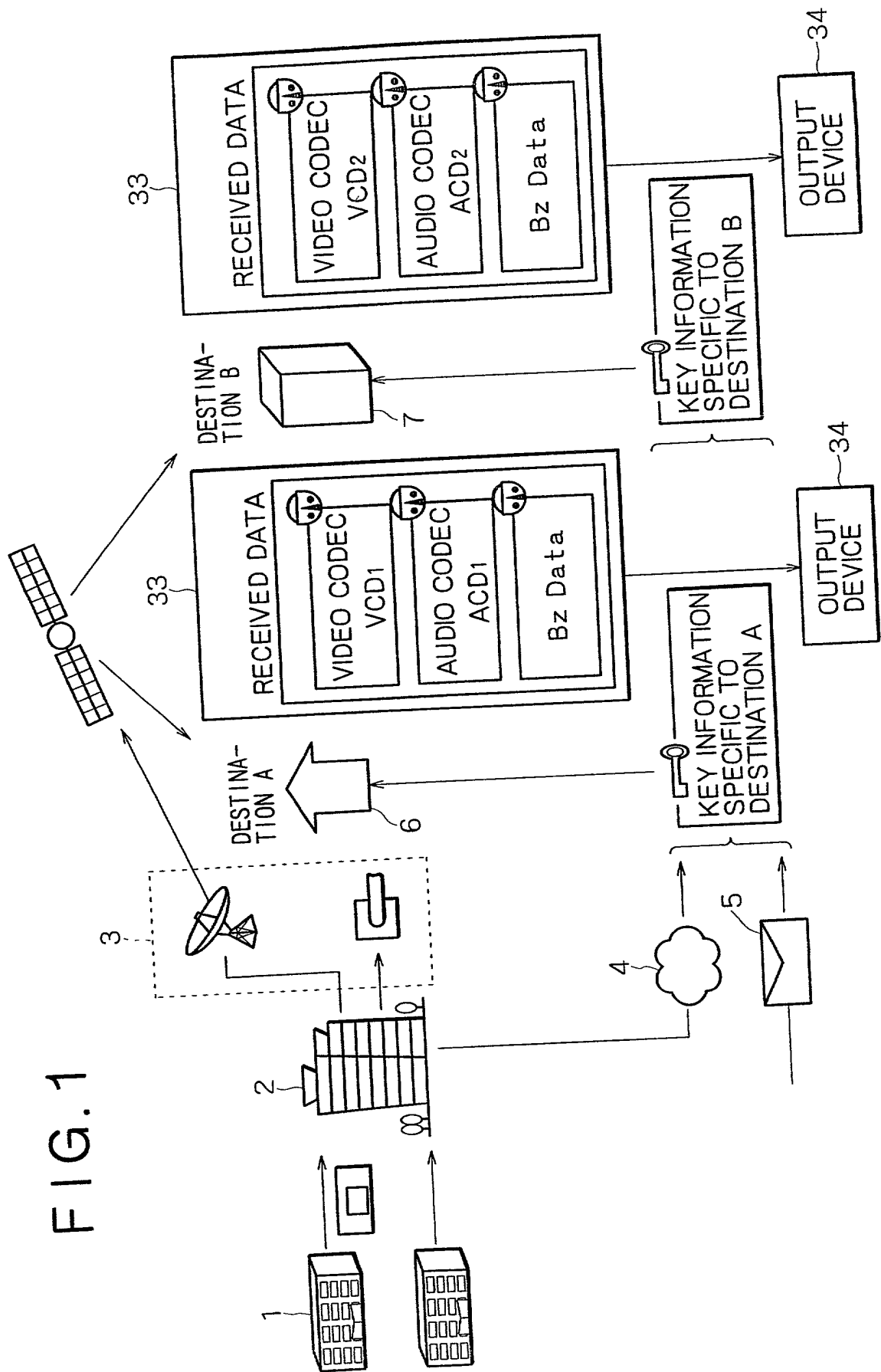
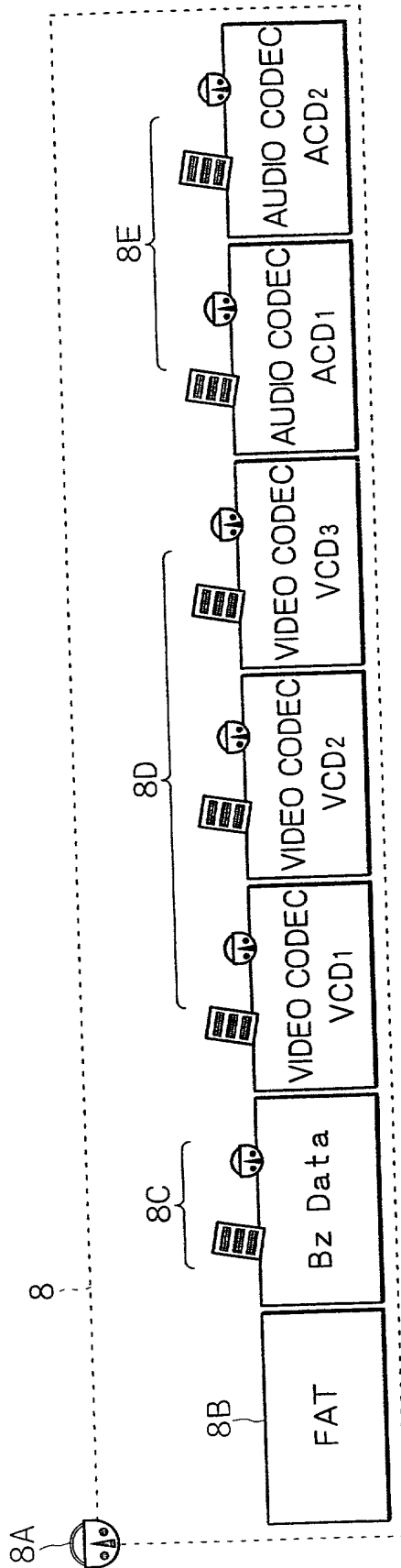
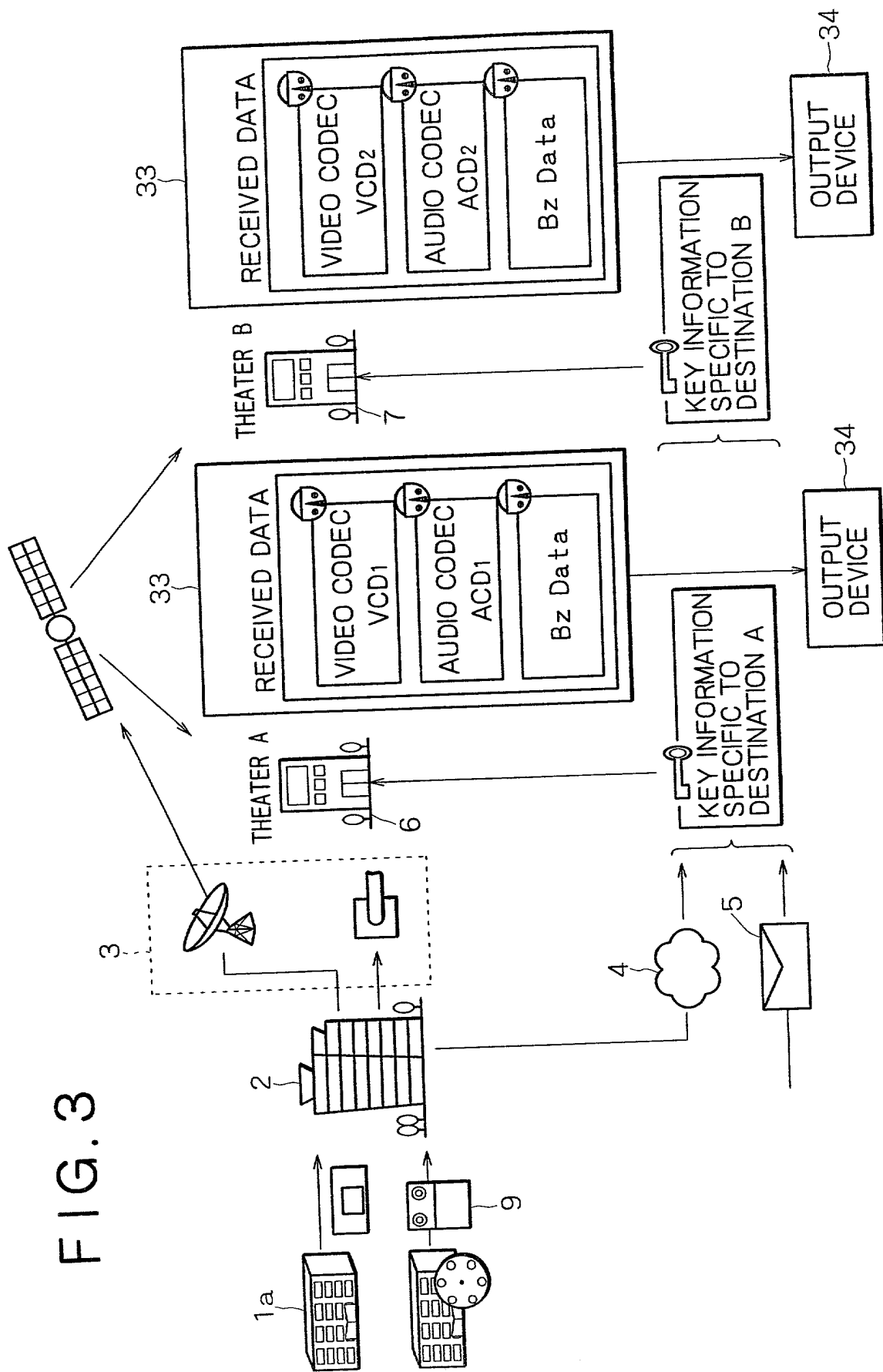


FIG. 2





**Table 1.** Mean values of the variables measured during the three trials

	Pre-competition	Post-competition	Recovery
Age (years)	20.6 ± 0.7	20.8 ± 0.9	20.7 ± 0.8
Height (cm)	178.5 ± 5.5	178.5 ± 5.5	178.5 ± 5.5
Weight (kg)	72.5 ± 10.5	72.5 ± 10.5	72.5 ± 10.5
Heart rate (beats min <sup>-1</sup> )	135 ± 15	155 ± 15	145 ± 15
Systolic blood pressure (mmHg)	115 ± 10	125 ± 10	120 ± 10
Diastolic blood pressure (mmHg)	75 ± 10	85 ± 10	80 ± 10
Lactate (mmol l <sup>-1</sup> )	1.0 ± 0.2	2.5 ± 0.5	1.5 ± 0.3
Glucose (mmol l <sup>-1</sup> )	5.0 ± 0.5	4.5 ± 0.5	4.8 ± 0.5
Creatinine (μmol l <sup>-1</sup> )	60 ± 10	60 ± 10	60 ± 10
Urea nitrogen (mg dl <sup>-1</sup> )	10 ± 2	10 ± 2	10 ± 2
Proteinuria (g day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary creatinine (mg day <sup>-1</sup> )	100 ± 20	100 ± 20	100 ± 20
Urinary urea nitrogen (mg day <sup>-1</sup> )	20 ± 5	20 ± 5	20 ± 5
Urinary protein (g day <sup>-1</sup> )	5 ± 1	15 ± 2	8 ± 1
Urinary albumin (mg day <sup>-1</sup> )	1 ± 0.2	3 ± 0.5	1.5 ± 0.3
Urinary IgG (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgA (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgM (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgD (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgE (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgF (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG2 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG1 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgA1 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgA2 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgM1 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgM2 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgD1 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgD2 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgE1 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgE2 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgF1 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgF2 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG21 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG22 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG11 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG12 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgA11 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgA12 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgA21 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgA22 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgM11 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgM12 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgM21 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgM22 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgD11 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgD12 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgD21 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgD22 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgE11 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgE12 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgE21 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgE22 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgF11 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgF12 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgF21 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgF22 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG211 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG212 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG221 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG222 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG111 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG112 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG121 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgG122 (mg day <sup>-1</sup> )	0.5 ± 0.1	1.5 ± 0.2	0.8 ± 0.1
Urinary IgA			

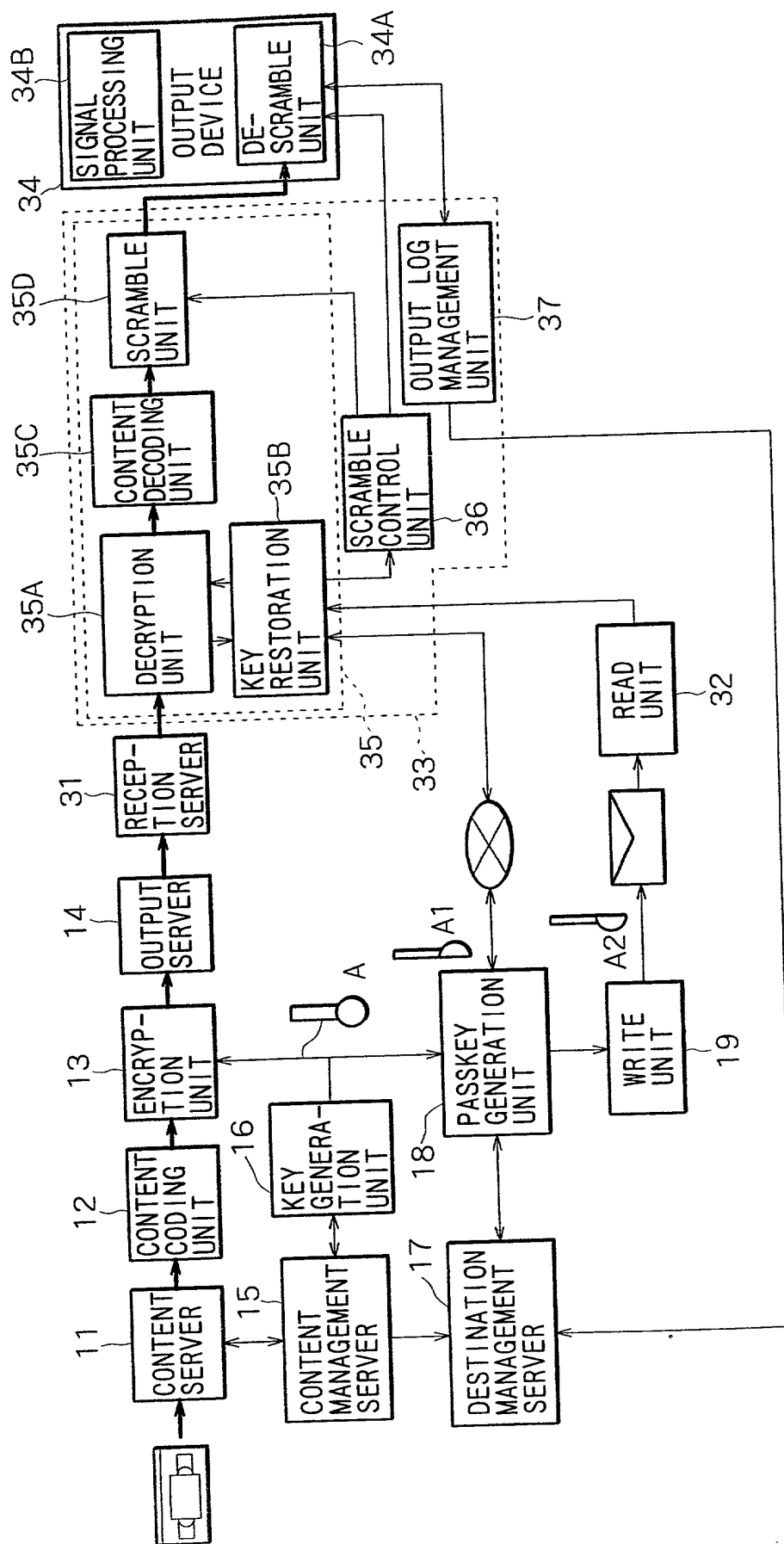


FIG. 5

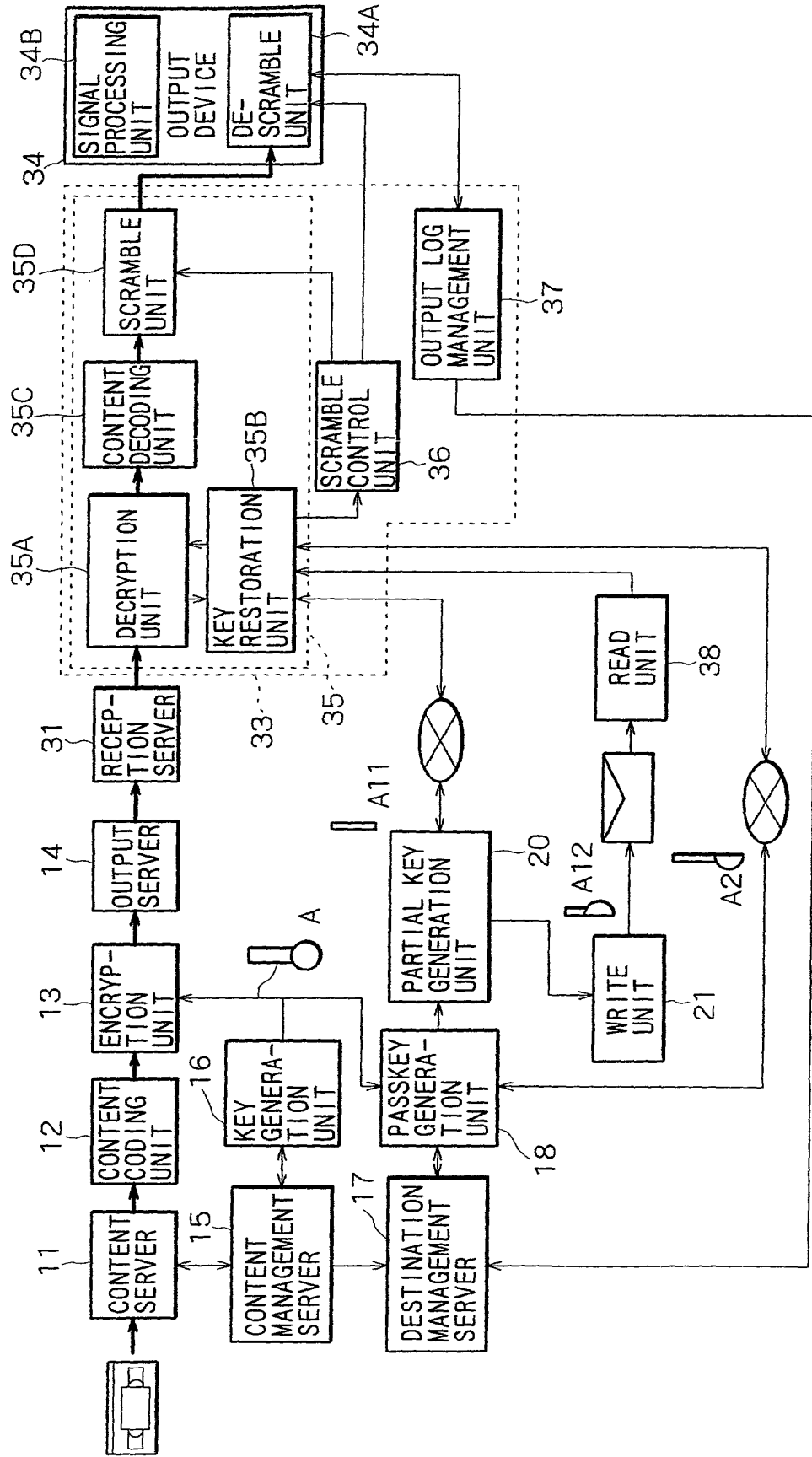


FIG. 6

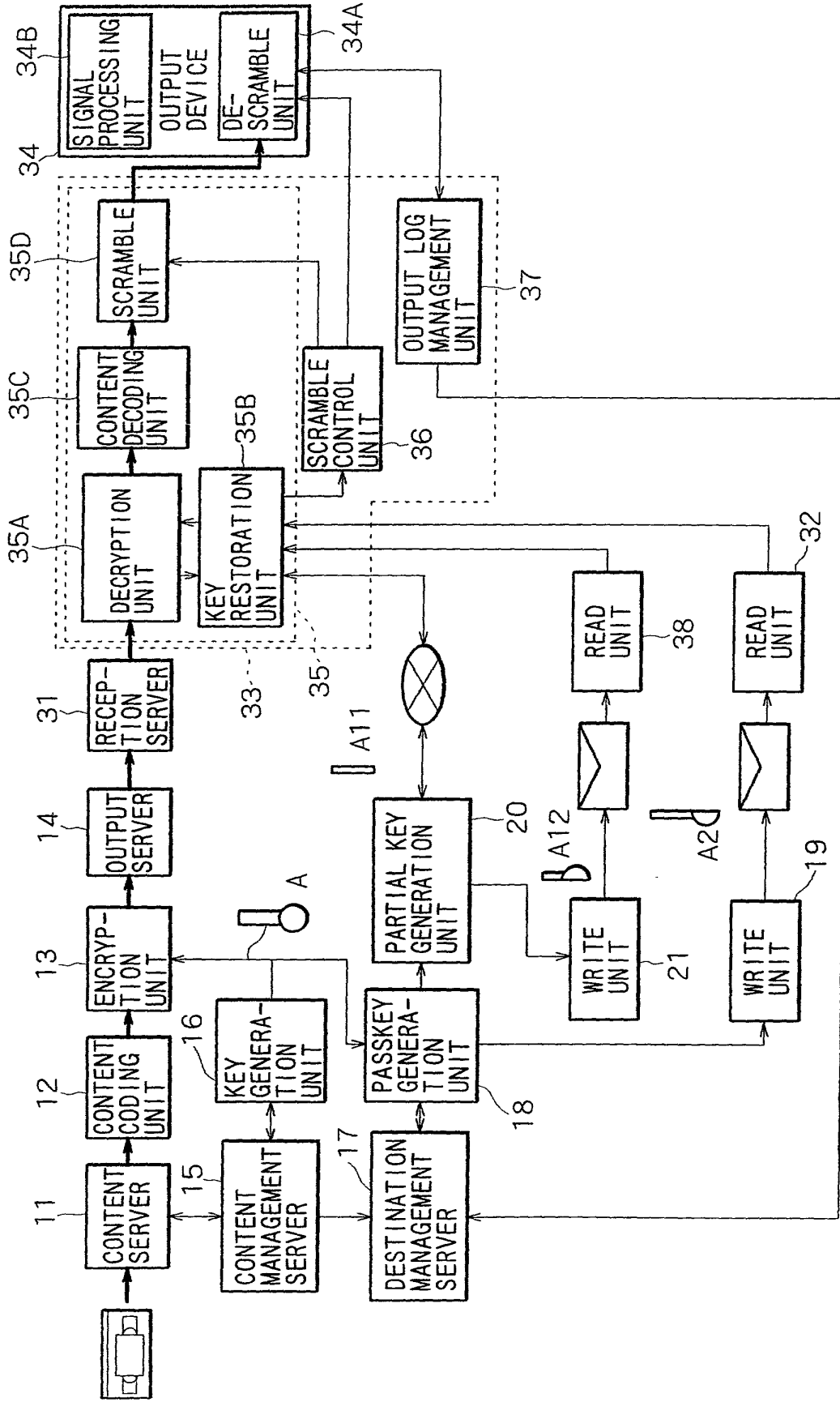




FIG. 8

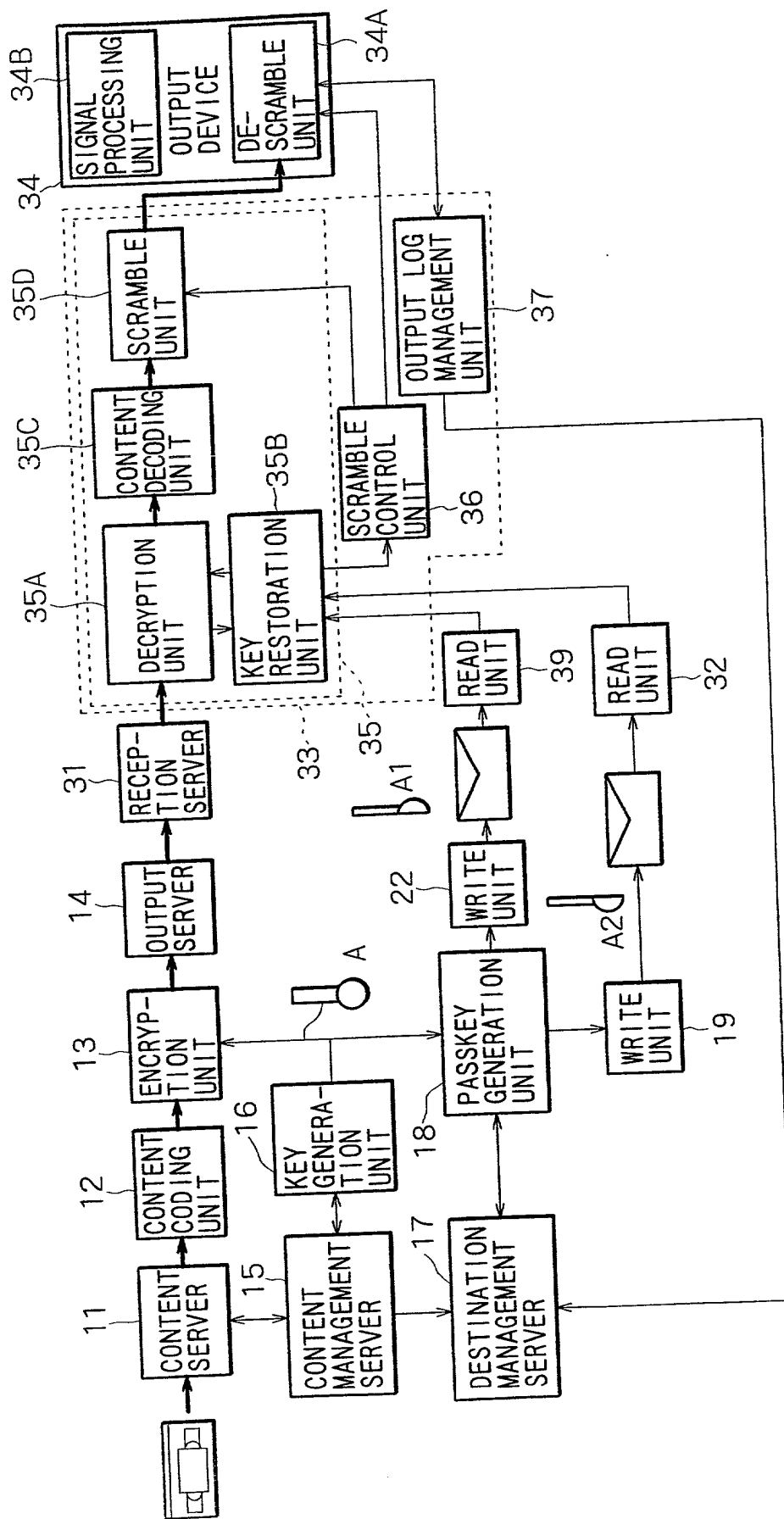




FIG. 9

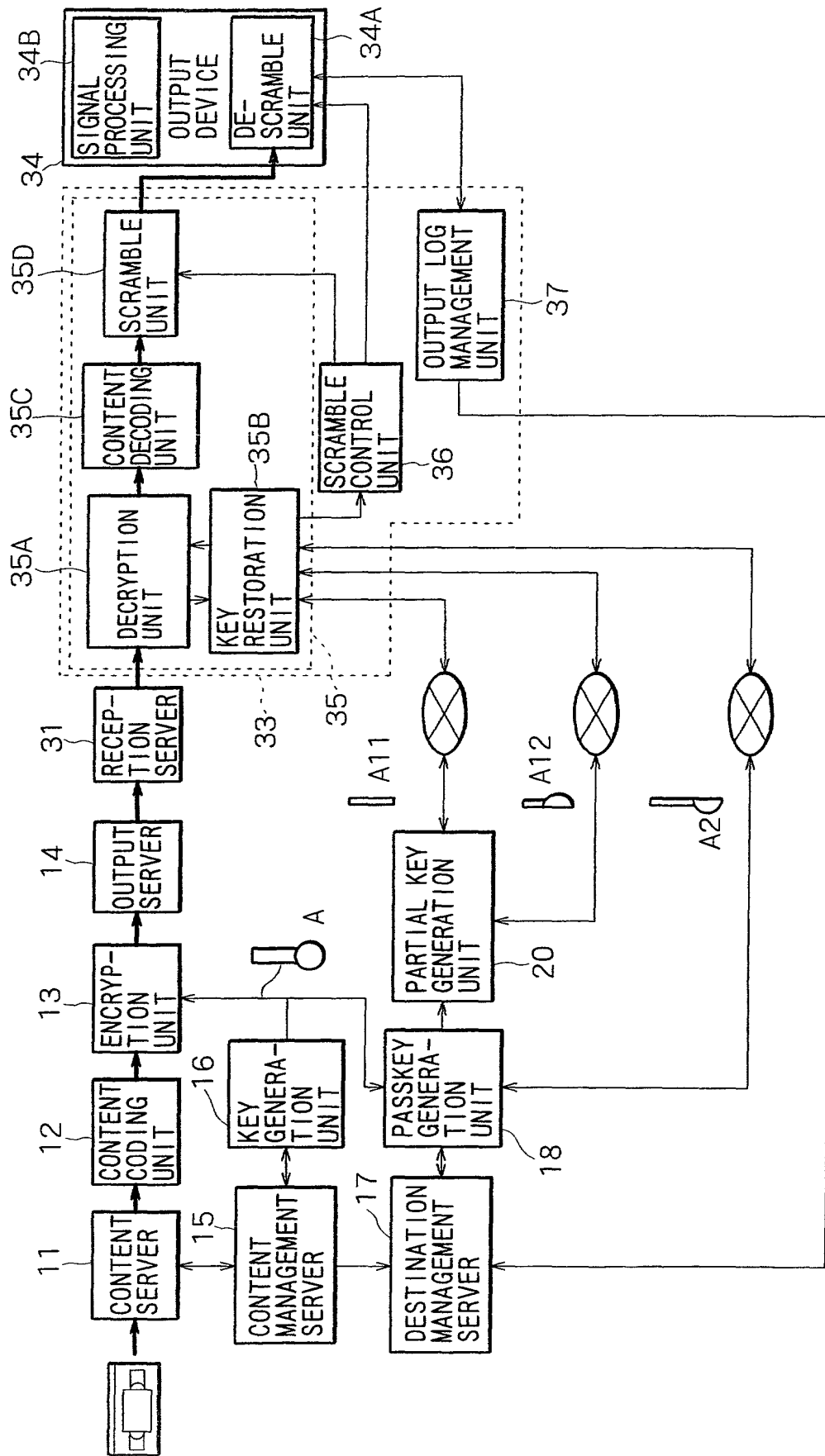


FIG. 10

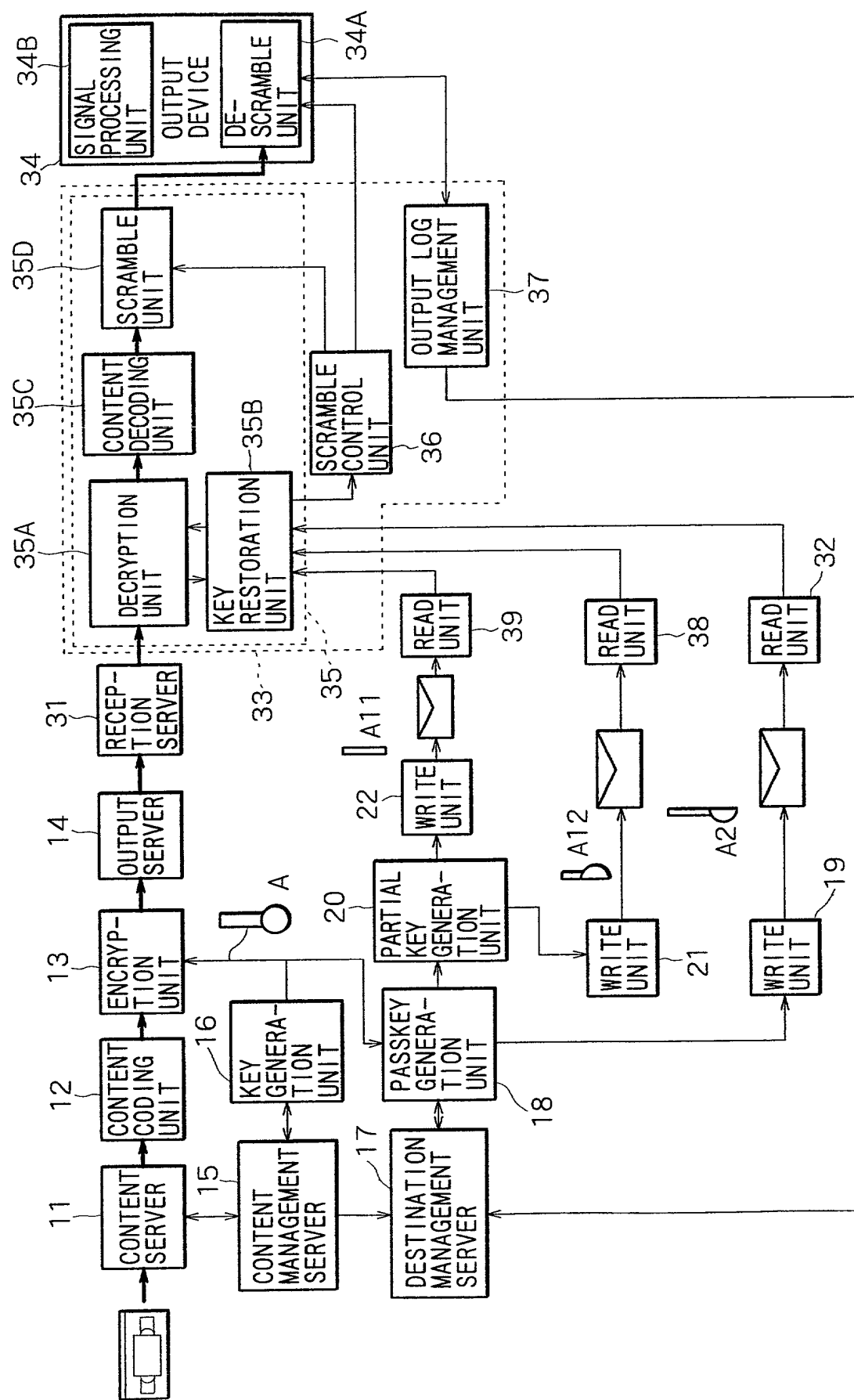


FIG. 11

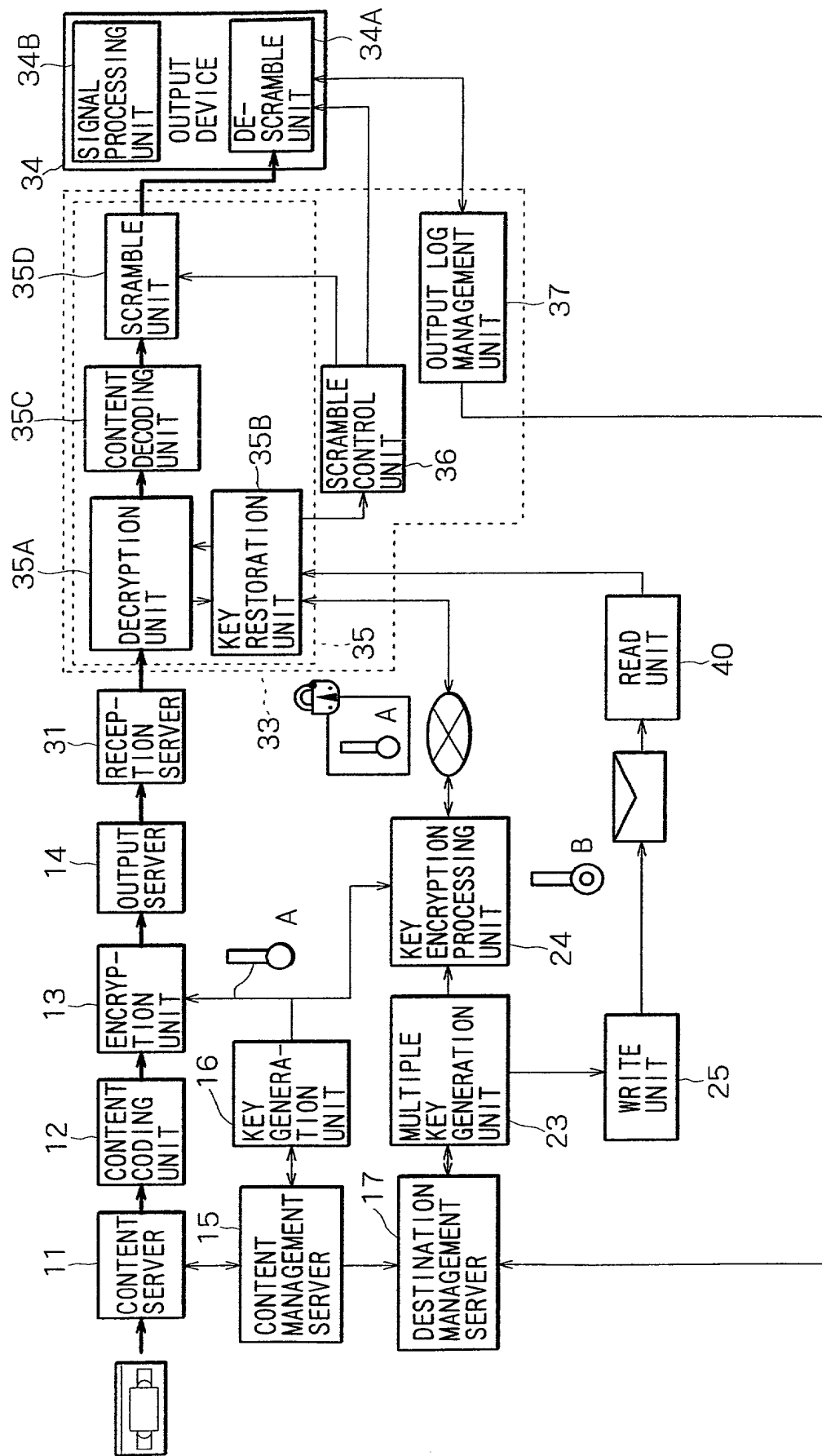


FIG. 12

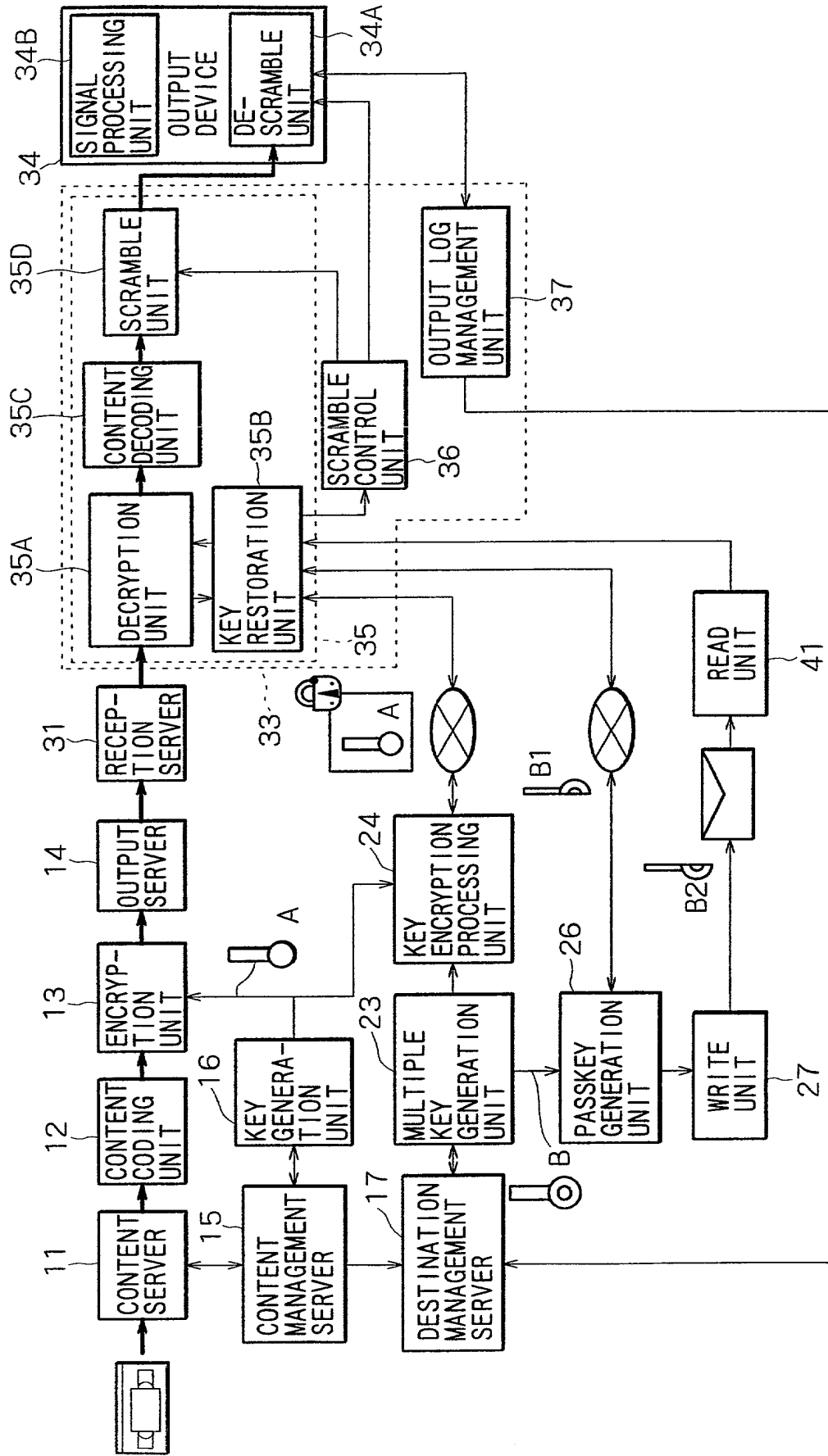
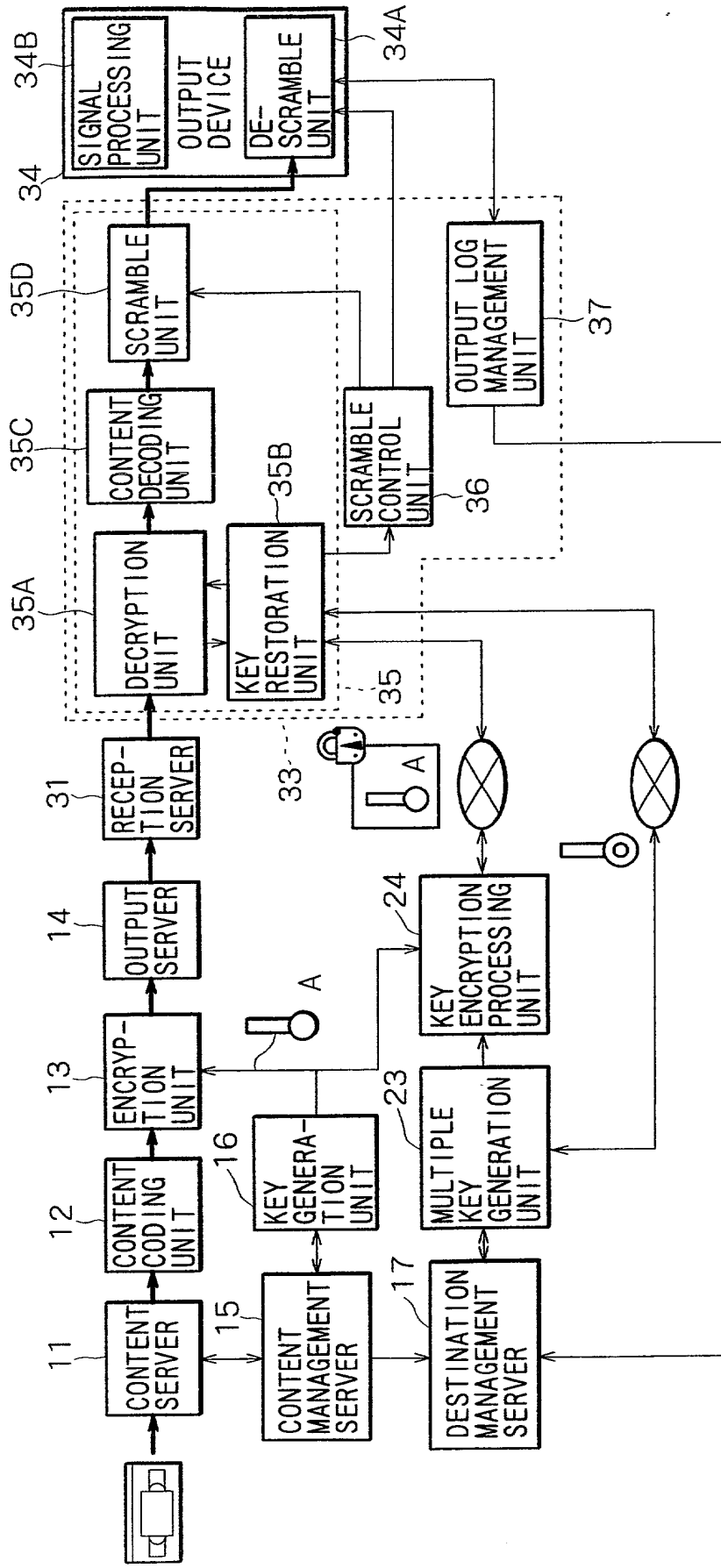
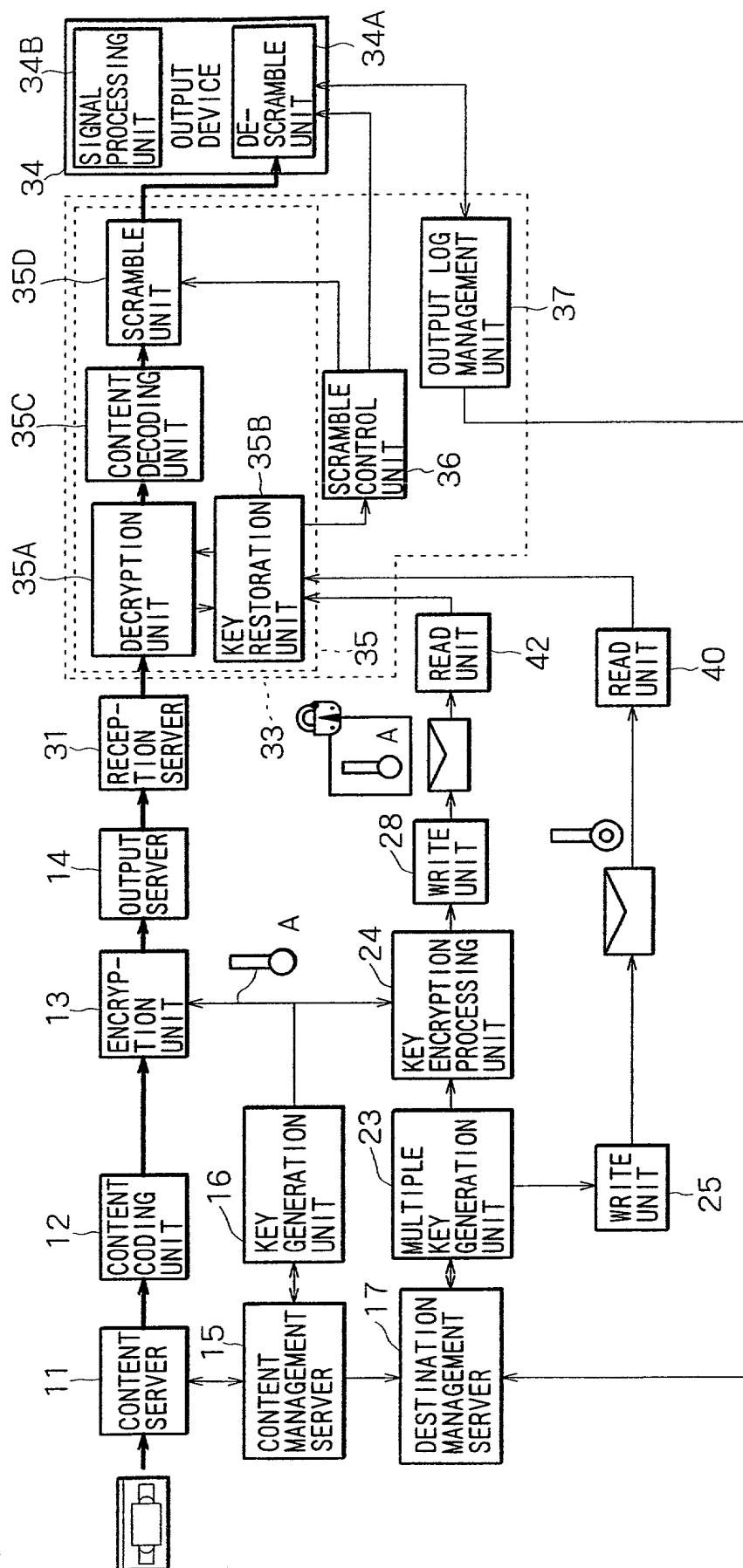
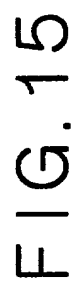




FIG. 14





# FIG. 16

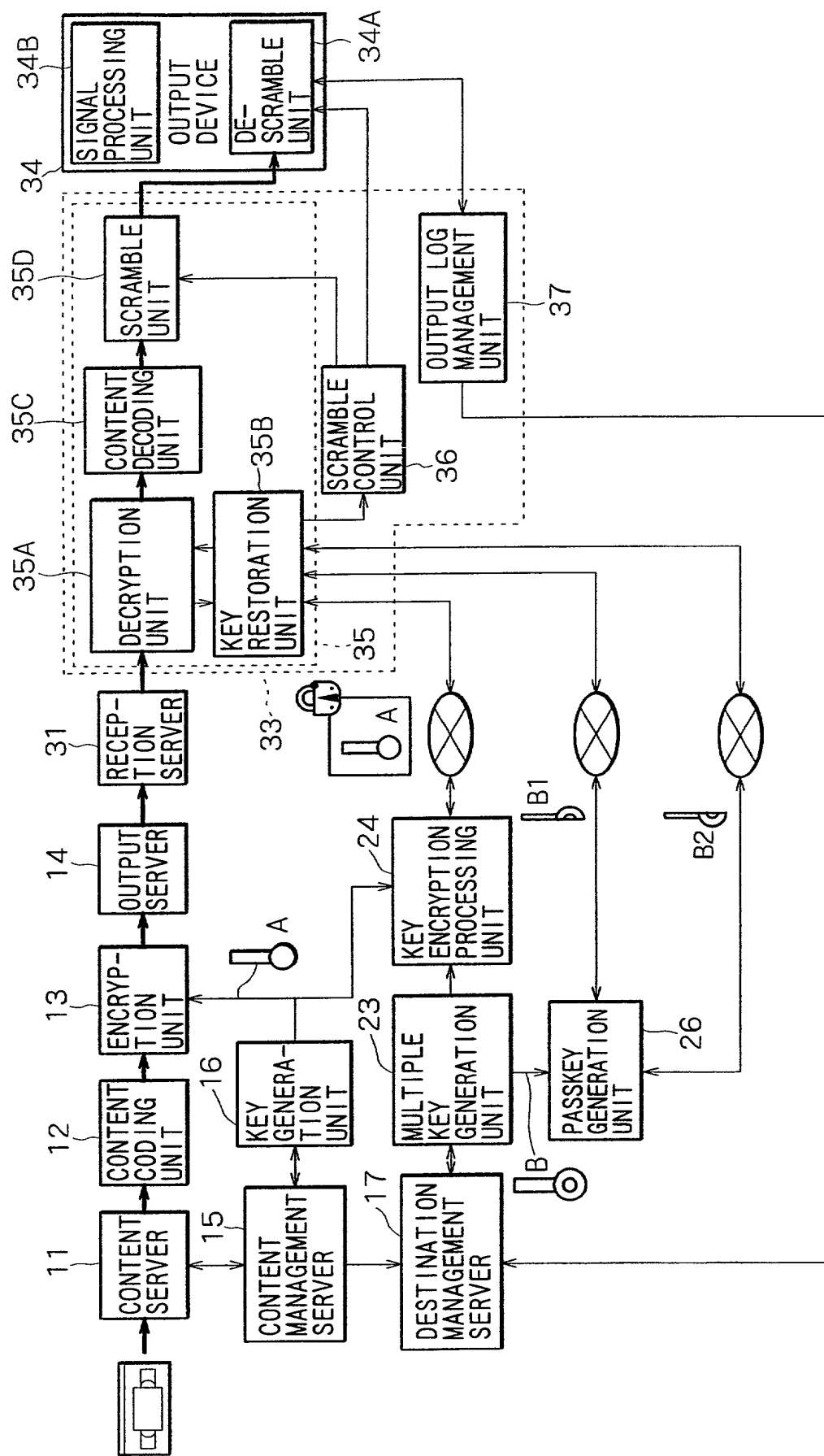




FIG. 17

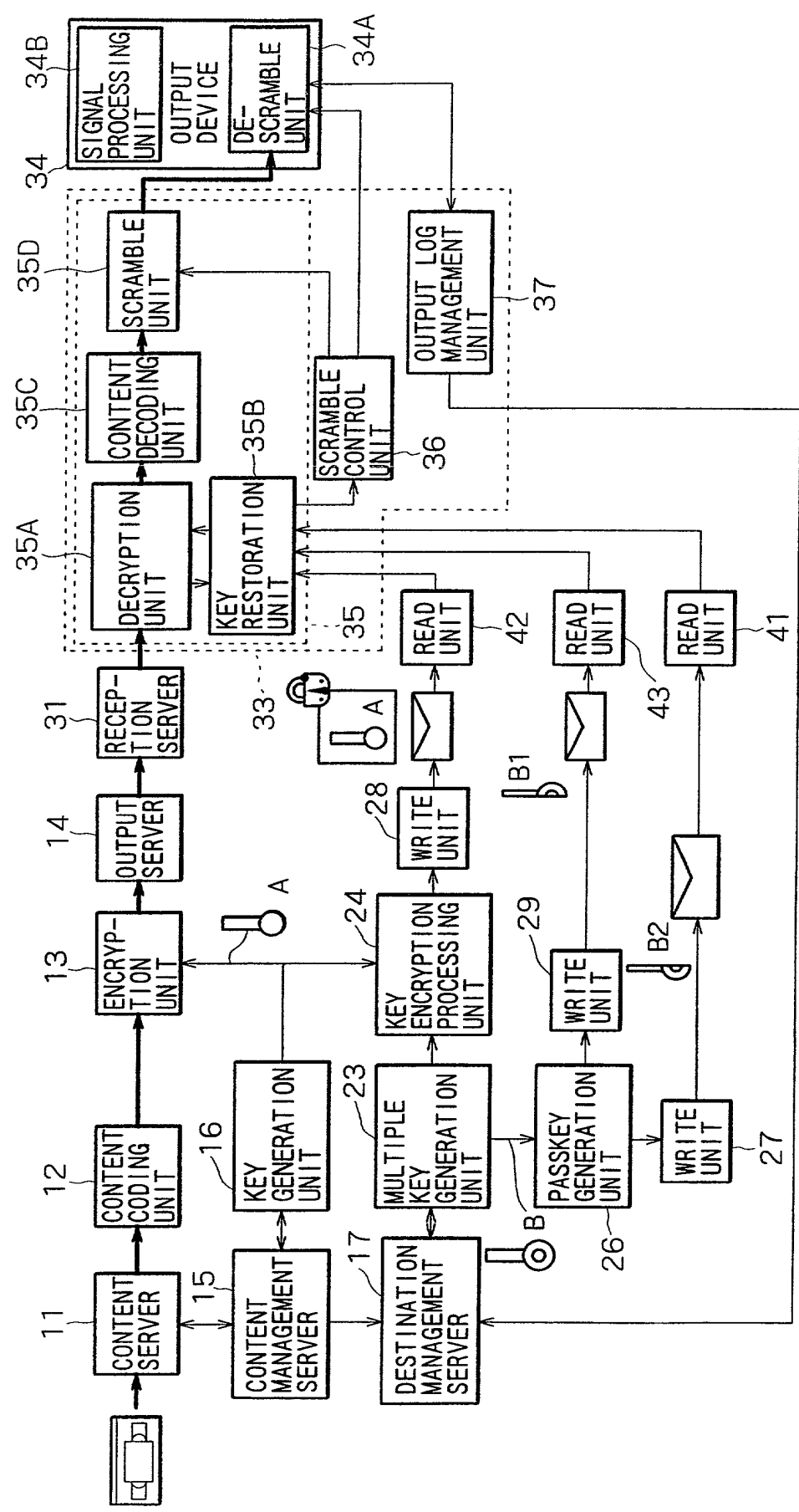


FIG. 18

	ENCRYPTION KEY GENERATED BY	CONTENT CODED BY	ENCRYPTION DONE BY	KEY INFORMATION DELIVERED BY	SYSTEM SECURITY FROM THE VIEWPOINT OF DISTRIBUTION RIGHT HOLDER	REMARKS
1	PRODUCTION FIRM	PRODUCTION FIRM	PRODUCTION FIRM	PRODUCTION FIRM (2 KEYS)	+++	
2	DO.	DO.	DO.	PRODUCTION FIRM (1 KEY) + DELIVERY AGENT (1 KEY)	++	DELIVERY AGENT ACQUIRES THE ENCRYPTED ENCRYPTION KEY
3	DO.	DO.	DO.	DELIVERY AGENT (2 KEYS)	++	DELIVERY AGENT ACQUIRES THE ENCRYPTION KEY AND GENERATES KEY INFORMATION ACCORDINGLY
4	DO.	DO.	DELIVERY AGENT	PRODUCTION FIRM (2 KEYS)	++	THE ENCRYPTION KEY IS SENT TO DELIVERY AGENT
5	DO.	DO.	DO.	PRODUCTION FIRM (1 KEY) + DELIVERY AGENT (1 KEY)	++	DO.
6	DO.	DO.	DO.	DELIVERY AGENT (2 KEYS)	++	DO.
7	DO.	DELIVERY AGENT	DO.	PRODUCTION FIRM (2 KEYS)	++	DO.
8	DO.	DO.	DO.	PRODUCTION FIRM (1 KEY) + DELIVERY AGENT (1 KEY)	++	DO.
9	DO.	DO.	DO.	DELIVERY AGENT (2 KEYS)	++	DO.
10	DELIVERY AGENT	PRODUCTION FIRM	PRODUCTION FIRM	PRODUCTION FIRM (2 KEYS)	+	PRODUCTION FIRM ACQUIRES THE ENCRYPTION KEY AND GENERATES KEY INFORMATION ACCORDINGLY
11	DO.	DO.	DO.	PRODUCTION FIRM (1 KEY) + DELIVERY AGENT (1 KEY)	+	DO.
12	DO.	DO.	DO.	DELIVERY AGENT (2 KEYS)	+	DO.
13	DO.	DO.	DELIVERY AGENT	PRODUCTION FIRM (2 KEYS)	+	DO.
14	DO.	DO.	DO.	PRODUCTION FIRM (1 KEY) + DELIVERY AGENT (1 KEY)	+	DO.
15	DO.	DO.	DO.	DELIVERY AGENT (2 KEYS)	+	DO.
16	DO.	DELIVERY AGENT	DO.	PRODUCTION FIRM (2 KEYS)	+	DO.
17	DO.	DO.	DO.	PRODUCTION FIRM (1 KEY) + DELIVERY AGENT (1 KEY)	+	DO.
18	DO.	DO.	DO.	DELIVERY AGENT (2 KEYS)	+	DO.